



Medical Humanitarian Assistance Mission



21-28 September 2002

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Administrative Information

- 1st Navy dietitian selected to attend the Mission in Honduras
- Funded by the Naval Medical Center Portsmouth
- Total cost: \$1250
 - Airfare (military vs. commercial)
 - Minimal lodging
 - Minimal meal expense

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Preparation for Mission

- Macro- & micronutrient deficiency briefings from LTC Kemmer
- Teleconference with San Antonio Military Pediatric Consortium
 - Intelligence
 - Pediatric Medrete Program goals
 - Requirements for the mission

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Mission - Las Paz



- La Paz Region - Santa Elena community
- Nutrition surveys
- Assessed households for wheat flour

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Mission - Regional Hospitals



- Regional Hospital in La Paz & Regional Hospital in Marcala
- 2nd tier health care
- Inpatient & outpatient
- Growth charts
- More opportunities:
 - height/weight checks
 - Mid-arm circumference

• Mission - Middle School Clinic

- Local Middle School in Santa Elena
- Physicians
 - assessment & treatment
- Dietitians
 - Hgb assessment
 - height/weight measurements
 - Mid-arm circumference



Mission - Hospital Escuela

- Hospital Escuela
 - 3rd tier of medical care
 - 1780 beds, 500 pediatric
 - Sharing of medical practices
 - malnutrition ward
 - Kwashiorkor & Marasmus
 - refeeding
 - diuresing
 - eventual weight gain



Mission - Hospital Escuela



- Mealtime
 - Parents required to be there during meals
 - High kcal/protein foods
- Tour of Kitchen

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Mission - Hospital Escuela

	Liquid	Bland	Bland-Normal	Normal	Normal
Diet	1-2	3-5	6-8	9-11	12+
Cal/kg	80	120	150	200	250
Pro Gm/kg	0.8	1.2	3	3	3
Marasmus					
Cal/kg	80	150	200	250	300
Pro Gm/kg	0.8	1.2	3	3	3

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Lessons Learned

- Clothing drive prior to departure
- General Multi-vitamin

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Value of Training as a Military Dietitian

- Opportunity to work with dietitians and physicians from various services, including the Army, Air Force, and civilian medical liaison at JTF-Bravo
- Experience to see various disease states that are often only read about in text books.
- Enhanced my knowledge on macro- and micronutrient deficiencies and the assessment of these deficiencies.
- Learned cultural values and experienced hands on the Honduran lifestyle and way of life.

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Conclusion

- Thank you to all services for opening the door to Navy Medicine